

Help for Families

We understand that it's hard to be a parent and at times children and families need some extra support. We want you to know that it is OK to ask for help.

Why might you need help?

Overuse of internet, behaviour, anxiety, school refusal, friendship concerns, parenting support classes, medical advice, housing, safeguarding, finding out about and accessing external services, SEND, drugs, alcohol, gangs, online safety.....

How to get help

Have a conversation with a member of school staff that you know and trust. You can discuss what's going well and any difficulties you and your family may be experiencing and they will be able to help you to get the right support. Sometimes, just having a conversation can really help.

As well as from the school itself, you could also get help from your wider family and support networks, or from professionals in the community that you know like health visitors, midwives, doctors, or the voluntary sector.

They may suggest that you share the things you discuss with other agencies who could be in a better position to help and that will involve completing what's known as a Strengths and Needs form. They will ensure that any personal information you give is only shared with your permission.

Here is Oxfordshire's [Early Help Guide for Families](#)